



**Modified Sun Style Tai Chi for Health and Fitness Developed by Dr. Paul Lam  
Tai Chi Qigong/Shibashi 18 developed by Professor Lin Hou-Sheng in 1979**

**What is Tai Chi?**

- **A series of choreographed movement patterns, called forms. Having its beginnings in the Martial arts to cultivate and direct life energy (Chi)**
- **An art and a skill**
  - **Replenishes and releases life nourishing energy** through gentle movement and breathing. Encouraging systemic circulation through the 12 energy channels which lead to solid (yin) and hollow (yang) organs.
- **A process to integrate the mind, the body and spirit through the bridge of the breath**
  - Stresses the balance of opposing energies called Yin and Yang for perpetual balance
  - To create a stable base (center of gravity over base of support) for effective energy flow and efficient movement.
  - It is a journey into healing from a quiet mind and self awareness as you practice the forms using the natural forces of motion while paying attention to correct foot placement, hand methods, and body mechanics with synchronized breathing to gently strengthen and stretch the body's muscles and massage internal organs.
  - A process in which **alignment and the integration of intention are maintained throughout the practice.** Meaning the body (the actor) is integrated with the mind (the director) and is energized by Chi

**Benefits of these practices enhance:**

- Strength, flexibility and mobility of joint, ligaments, tendons and muscles
- Stability, mobility and balance- key in fall prevention
- Power, endurance and coordination
- Awareness of body to deliver and absorb force. Being supple in stillness... not tense
- Mental clarity, relaxation and calmness
- Strengthens immune system... *a protective power in health*
- Improves the body's healing mechanism

**Suitable for most individuals including those with arthritis, back pain, other chronic conditions:**

- Its movements are slow, gentle, controlled and powerful
  - characterized by coordinated and agile steps as if moving through water (promoting the development of core and systemic energy flow)
  - Forward and backward motion improves mobility- a key objective for individuals with arthritis, while being soothing to reduce stress, calm nerves, quiet the mind and improve health.
- Level of exertion and stance can be adjusted to suit your own physical condition
- Qigong movements are peaceful and deeply relaxing
  - They focus on breath work, while incorporating meditation through slow focused gentle physical movements and imagining energy traveling through your body.
  - Shibashi practice has an overall effect to reduce mental stress and physical tension carried in the muscles of the body while massaging the internal organs.

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